



## Wangaratta & District Programs

### What are the Wangaratta & District Programs?

They are a range of small group activities for people aged 65 years or older and people with a disability who are less than 65 years of age.

- Exercise groups for a range of fitness levels.
- Supported shopping, particularly for people who are isolated.
- Regular social groups incorporating games, music, arts and crafts.
- One off events of interest such as mystery tours, old time dancing and visits to local attractions.
- And more!



#### When is it?

Programs are run Monday to Friday between 9am to 4pm.



#### What do I pay?

\$7.50 for each activity.

Additional costs may apply for other outings or projects.



#### Where do I go?

Gateway Health  
45 - 47 Mackay Street  
Wangaratta

For enquiries and registration contact

T: (03) 5723 2000



#### Wangaratta

45 - 47 Mackay Street  
Wangaratta, 3677

T: (03) 5723 2000

F: (03) 5722 2313

info@gatewayhealth.org.au

Ask us about our other group activities for older people to keep you active and socially involved.

#### Wodonga

155 High Street  
Wodonga, 3690

T: (02) 6022 8888

Freecall: 1800 657573

F: (02) 6024 5792

www.gatewayhealth.org.au